

# SleepU<sup>TM</sup>

## Sleep Oxygen Monitor

### User Manual

#### Notice

If you have installed the App before, please update it to the latest version.

## 1. Introduction

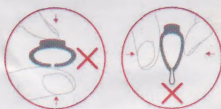
### 1.1 Intended use

This product is intended to be used for measuring, displaying and storing of pulse oxygen saturation (SpO<sub>2</sub>), pulse rate of adults in home or healthcare facilities environment during sleep.

Note: This product is intended for general wellness use. It should not be used to directly diagnose or treat any medical condition.

### 1.2 Warnings and Cautions










- DO NOT squeeze the sensor part or apply excessive force on it.



- Do not use this device during MRI examination.
- Do not use this device with a defibrillator.
- Do not store the device in the following locations: locations in which the device is exposed to direct sunlight, high temperatures or levels of moisture, or heavy contamination; locations near to sources of water or fire; or locations that are subject to strong electromagnetic influences.
- Do not use the device in a combustible environment (i.e., oxygen-enriched environment).
- Never submerge the device in water or other liquids.
- Do not clean the device with acetone or other volatile solutions.
- Do not drop this device or subject it to strong impact.
- The device and accessories are provided non-sterile.
- Do not place this device in pressure vessels or gas sterilization device.
- Do not dismantle the device, as this could cause damage or malfunctions or impede the operation of the device.
- Consult your doctor immediately if you experience symptoms that could indicate acute disease.

- Do not self-diagnose or self-medicate on the basis of this device without consulting your doctor. In particular, do not start taking any new medication or change the type and/or dosage of any existing medication without prior approval.
- Use only cables, sensors and other accessories specified in this manual.
- Prolonged continuous monitoring may increase the risk of undesirable changes in skin characteristics, such as irritation, reddening, blistering or burns.
- Do not open the device cover without authorization. The cover should only be opened by a qualified service personnel.

### 1.3 Guide to Symbols

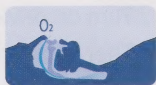
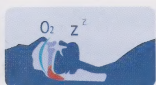
Symbol	Description
	Type BF-Applied Part
	Manufacturer
	Date of manufacture
	Follow Instructions for Use.
	MRI hazards in all MR environments as device contains strongly ferromagnetic materials.
IP22	Against ingress of solid foreign objects $\geq 12$ mm against dripping ( )
SN	Serial number
	Temperature limitation
	Humidity limitation
	Atmospheric pressure limitation
	WEEE: separate collection for electrical and electronic equipment (WEEE).

### 1.4 Unpacking

- Device ( main unit )
- Ring Sensor
- User Manual
- Data/Charging Cable

### 1.5 Overview

**Wear the device during sleep.** It continuously monitors your oxygen level, heart rate and motion. The smart vibration protects you from oxygen shortage.



Oxygen drop

Smart Vibration

Oxygen recover

Next morning, take off the device, **open app to sync data** which will help you get sleep insight.

You can customize Smart Vibration in App to help you sleep better.

## 2 Using the device and App

### 2.1 Download App

App name: **ViHealth**

iOS: **App Store**

Android: **Google Play**

**Notice:** if you have installed the App before, please update it to the latest version.

### 2.2 Charging

Charge the battery before

Connect the device to USB of computer or USB charging adapter with the supplied cable.

After fully charged, the device will power off automatically.

Device has no button

**POWER ON/OFF**

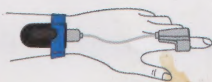
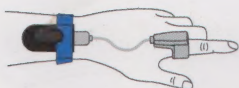
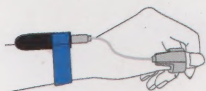
Wear the Sensor, the device will turn on automatically.

in a moment after you take on the sensor.

### 2.5 Typical steps

- 1) **START.** Charge the battery. Wear the sensor to power on. Go to sleep.
- 2) **STOP.** Next morning, take off the sensor, the recording will be over after a countdown.
- 3) **DATA SYNC.** After the countdown, run App to sync data. **OR** next time after you turn on the device, run App to sync.

## 2.6 Start working



- 1) Wear the sensor on thumb finger, index finger as option in case of too tight for thumb. Try to move the sensor along the forefinger to find out a best fit. Avoid being loose. Loose wearing causes inaccurate measure.
- 2) Device will turn on automatically. After a few seconds, the device will begin to monitor.

### **Notice:**

- If the working time is less than 2 minute, the data will not be saved.
- Please avoid excessive motion.
- Please avoid strong ambient light condition.

## 2.7 Stop working & sync data

Take off the sensor, the countdown will begin.

Stop? 10

(If the working time is less than 2 minute, there will be no countdown)

During the countdown, if you wear the sensor again, the record will be resumed.

**After the countdown, the data will be ready for sync.**

Sync data:

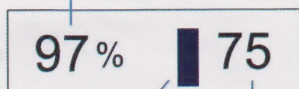
- After the countdown, run App to sync data;
- **OR** next time after you turn on the device, run App to sync.

**Notice:** The built-in memory store 4 sessions. The oldest will be over the 5th. Please sync data to your phone in



## 2.8 Display

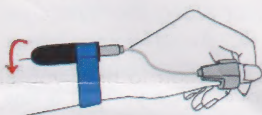
Blood Oxygen Saturation



Pulse Strength

Pulse Rate

## 2.9 Screen wake up



During measurement, the screen will go off automatically for saving power; you can turn your wrist to wake up the screen.

## 2.10 Unavailable Symbol



When this symbol displays on device screen, it indicates the readings is unavailable right now.

It may caused by:

- Excessive movement;
- Poor signal, finger is too cold;

Usually, the readings will recover in a few seconds when at rest.

## 2.11 Bluetooth Connection

The device Bluetooth will be enabled automatically after it's turned on.

To establish a Bluetooth connection,

- 1) **keep the device Bluetooth enabled.**
- 2) **Make sure the phone Bluetooth is enabled.**
- 3) **Run the App.**

**Notice:**

- **DO NOT PAIR** in the settings of your smartphone.

## 2.12 Add a new device

For the initial use, you need to add a new device.

- 1) Turn on device, run App, select <SleepU>;
- 2) Then input the **last 4 digits on the back of your device**.

## 2.13 How to check battery

- After you turn on device, it will display battery for a few seconds.
- You can also check battery and real-time SpO<sub>2</sub>, Heart Rate in App->Dashboard.

## 2.14 Smart Vibration

The vibrator in the sensor will be activated when the SpO<sub>2</sub> fall below the pre-set value (Threshold). The vibration will stop when the SpO<sub>2</sub> recover.

You can customize the vibration to help you sleep better. Make sure your **device is connected** to App first. Then you can configure it in **App->Settings**.

- You can **switch on or off** the vibration.
- You can adjust the **Intensity** of vibration.
- You can adjust the **Threshold**. If the vibration disturbs you during sleep too much, you can lower the **Threshold**. If you would like to get more protection from oxygen shortage, you can turn up the **Threshold**.

## 2.15 View Report

In App->History,

- Tap an item in the list, you can check the detailed report which includes analysis results and diagram
- Slide an item to left, you can delete it.



## 2.16 O2 Score

O2 Score is overall assessment of oxygen condition, which synthesizes the frequency, depth and duration of oxygen shortage overnight. The range is 0-10 (10 is best). It is provided for each record in App.

Example:

O2 Score 7.5



(in the APP)

### 3 PC software

PC Software: O2 Insight

Download from:

<https://www.welluehealth.com/pc-software>

Install the software on Windows PC.

- 1) Turn on device, connect the device to PC USB port with the supplied Cable
- 2) Open the PC software, download data from the device

With the optional PC software, you can view and print sleep report, which can also be exported as PDF or CSV files.

### 4 Maintenance

#### 4.1 Time & Date

After connection with App, device time will sync from your phone time automatically.

#### 4.2 Cleaning

Use a soft cloth moistened with water or alcohol to clean the device surface.

### 5 Troubleshooting

Problem	Possible Cause	Possible Solution
Device does not turn on or no response	Battery may be low.	Charge battery and try again.
	Device might be damaged.	Please contact your local distributor.
The app cannot find the device	The Bluetooth of your phone is off.	Turn on the Bluetooth in the phone.
	The device Bluetooth is off.	Turn on device
	For <b>Android</b> , Bluetooth cannot work without location permission	Allow location access

### 6 Specifications

Environmental	Operating	Storage
Temperature	5 to 40°C	-25 to 70°C
Relative humidity (noncondensing)	10% to 95%	10% to 95%
Barometric	700 to 1060hPa	700 to 1060hPa
Protection against electric shock	Internally powered equipment	

<b>Degree protection against electrical shock</b>	Type BF
<b>Electro-magnetic compatibility</b>	Group I, Class B
<b>Degree of dust &amp; water resistance</b>	IP22
<b>Weight</b>	31g (main unit with band and sensor)
<b>Size</b>	49×27×14 mm (main unit)
<b>Battery</b>	3.7Vdc, Rechargeable Lithium-polymer
<b>Charge time</b>	2-3 hours
<b>Battery life</b>	16 hours for typical use
<b>Wireless</b>	Bluetooth 4.0 BLE
<b>Oxygen level range</b>	70% to 99%
<b>SpO2 Accuracy (Arms)</b>	80-99%:±2%, 70-79%:±3%
<b>Pulse Rate range</b>	30 to 250 bpm
<b>Pulse Rate accuracy</b>	±2 bpm or ±2%, whichever is greater
<b>Vibration</b>	Triggered by low oxygen level
<b>Recorded parameters</b>	Oxygen level, Pulse Rate, motion
<b>Data storage</b>	4 sessions, up to 10 hours for each
<b>Mobile App for iOS</b>	iOS 9.0 or above, iPhone 4s/ iPad 3 or above
<b>Mobile App for android</b>	Android 5.0 or above, with <i>Bluetooth</i> 4.0 BLE

Manufacturer: Shenzhen Viatom Technology Co., Ltd  
 Address: 4E,Building 3, Tingwei Industrial Park No. 6 Liufang  
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 Shenzhen 518101 Guangdong China

Website: [www.well-health.com](http://www.well-health.com)

Model: PO3

Version: A